

The Nutrition Facts Label

Look for the Nutrition Facts label on packaged foods. In particular, use the information on carbohydrates, fat, and calories to help you make decisions. Don't forget to check the ingredient list, too.

Nutrition Facts	
2 servings per container	
Serving size	1 cup
Amount per serving	
Calories	90
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 890mg	39%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Ingredients: Chicken broth, carrots, cooked white chicken meat (white chicken meat, water, salt, sodium phosphate, isolated soy protein, modified cornstarch), potatoes, celery, rice, sodium nitrate. Contains soy.	

Serving size. This tells you how much of the food makes up one serving. Make sure to multiply all of the other numbers by how many servings you eat.

Calories. This is the number of calories in each serving. Reducing the number of calories you eat can help you manage your weight.

Fats. Saturated fat is broken out. Low numbers for saturated fat may mean the food is healthier for your heart.

Carbohydrates. This tells you the total grams of carbohydrate in one serving. Look for higher numbers for **fiber**. Look for lower numbers for **added sugars** (4g is 1 teaspoon of sugar).

Ingredients list. This can give you helpful clues. If there are grains, are they whole? Is sugar (or other names like fructose and sucrose) high on the list? Are the oils hydrogenated?